

Minty Lamb Leg Steaks with Potato and Watercress Salad

Serves 4

Preparation time: 10 minutes

Cooking time: 12-16 minutes

Ingredients:

4 lean, boneless lamb leg steaks

For the Marinade:

15ml/1tbsp rapeseed or sunflower oil

10ml/2tsp prepared mint sauce

15-30ml/1-2tbsp balsamic vinegar

For the Salad:

900g/2lb small new potatoes, quartered, cooked and cooled

45-60ml/3-4tbsp low fat Greek yogurt

Grated zest and juice of ½ lemon

1 small red onion, peeled and finely chopped **or** 2 spring onions, finely chopped

1 garlic clove, peeled and finely crushed

2 large handful watercress leaves, rinsed

30ml/2tbsp freshly chopped flat-leaf parsley

Salt and freshly milled black pepper

Method:

1. To prepare the marinade, in a large, shallow bowl mix all the marinade ingredients together. Season. Add the lamb, coat on both sides, cover and set aside.
2. For the salad, in a large bowl mix all the ingredients together, season and set aside.
3. Cook the lamb in a non-stick griddle pan on the hob, or under a preheated moderate grill, or on a prepared barbecue for 6-8 minutes on each side until any meat juices run clear.
4. Serve the steaks with the salad.